



JUNE

June is PTSD Awareness Month

SPREAD THE WORD. RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEARN	SHARE	REACH OUT	GET SUPPORT	GIVE SUPPORT	CONNECT	PARTNER
						1 Take the pledge to raise PTSD Awareness
2 Get key information on trauma , PTSD and treatment	3 Use our banner on your social media profile	4 Share resources like the Veterans Crisis Line	5 Text a Veteran	6 Download PTSD Coach or PTSD Family Coach apps	7 Like our Facebook page	8 Find or host a PTSD Awareness Event
9 Watch What is PTSD? PTSD explained in 4 minutes	10 Retweet one of our #PTSDAwareness tweets	11 Learn about and compare PTSD treatment options	12 Share stories of Veterans who have been there	13 Take an online course	14 Subscribe to our PTSD Monthly Update	15 Share our social media posts
16 Read Understanding PTSD and PTSD Treatment	17 Share this photo on Instagram	18 Find a local PTSD therapist	19 Ask a Veteran how they are doing	20 Practice mindfulness	21 Follow us on Twitter	22 Order our What is PTSD? card to share
23 Hear what PTSD is like for Veterans	24 Share our video about PTSD symptoms	25 Hear what PTSD is like for family members	26 Share our webpage with a Veteran	27 Learn how to talk to your Veteran about mental health care	28 Subscribe to our YouTube channel	29 Mail or give out an AboutFace postcard
30 Explore our website to learn even more about PTSD				  U.S. Department of Veterans Affairs 